

What is Start Smart?

- Motor skill development program for ages 3-7
- Properly teaches sports techniques
- Step-by-step approach
- Builds confidence and self-esteem
- Objectively measures children's abilities
- Makes sports fun

Benefits of Participation

- Builds confidence and self-esteem in children
- Fun and positive early experience in sports
- Helps prepare kids for future sports participation



Start Smart Basketball

- Teaches children (ages 3-5) the basic motor skills necessary to play organized basketball.
- Focuses on dribbling/ball handling, passing/catching, shooting and running/agility without the threat of competition or the fear of getting hurt.



Start Smart Baseball

- Start Smart Baseball is a developmentally appropriate introductory baseball program for children 3-5 years old. The program prepares children for organized tee ball, baseball and softball in a fun non-threatening environment.
- Teaches throwing, catching, batting, running and agility.



Start Smart Soccer

- Start Smart Soccer is a developmentally appropriate introductory soccer program for children 3-5 years old. The program prepares children for organized soccer in a fun non-threatening environment. Teaches kicking, dribbling, trapping, throw ins and agility.





Start Smart Golf

- Start Smart Golf is a developmentally appropriate introductory golf program for children 5-7 years old. It is a participation program for young children who have never played golf.
- It teaches how to teach children golf using fun, developmentally age appropriate equipment.



Start Smart Football

- Start Smart Football teaches children (ages 5-7) the basic motor skills necessary to play organized flag football.
- It focuses on teaching children skills in throwing, catching, kicking/punting, and running/agility without the threat of competition or the fear of getting hurt.



Each program is held once a week for 6 weeks, and each week the exercises become increasingly more difficult as the class progresses and the children show improvement.